



Flu Shots

Loyal Community-Based Outreach Clinic (CBOC)

What is Influenza?

The influenza virus causes the “flu”. The flu can cause severe illness in many people. It is spread from person to person by coughing or sneezing.

What are the symptoms of flu?

Symptoms of the flu include fever, cough, headache, extreme tiredness, sore throat, muscles aches.

Nausea and Diarrhea are **not** symptoms of the dangerous flu described above. These are symptoms of the “stomach flu” that is caused by other viruses or bacteria.

What is the flu shot?

The flu shot is an inactivated (killed) vaccine. Because the flu shot does not contain live virus...**it cannot give you the flu.**

Who should get the flu shot?

Anyone age 50 or older; anyone with chronic heart, lung, or kidney disease; anyone with diabetes; anyone with reduced resistance to infection; anyone who would like one. You should not get the flu shot if you are allergic to eggs.

How do I get a flu shot at Loyal CBOC?

- You can get one at your regularly scheduled appointment during flu shot season (October through April).
- You can walk-in and have a flu shot at the Loyal CBOC on Tuesdays, Wednesdays, and Thursdays from 9am to 3pm.
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If you get your flu shot outside of the VA, Please Let Us Know!

1. Call our Immunization Hotline at 1-800-USA-TOMA (1-800-872-8662) Ext 61787 and leave your name, the last four numbers of your Social Security Number, date, and location of where you received your vaccine **OR**
2. Fill out the form below and mail it to:

Tomah VA Medical Center
500 E Veterans Street
Tomah, WI 54660
Attn: Primary Care/Flu Shot

Name: _____

Last four numbers of your Social Security Number: _____

____ I had my flu shot in 2010-2011

____ Location: _____

____ Date: _____